

My Own Wellness and Resiliency Plan

As persons in recovery, our overall wellness is very important. Caring about all aspects of our daily lives can provide us with a sense of safety, happiness and fulfillment.

It is important to note you may, at times, not be feeling well. Here are some examples of signs that signal you should put into effect a detailed wellness plan. Anxiety, sleep patterns change, eating habits change, negative self-talk, isolating or feeling lethargic.

Please feel free to list some signs of your own, so you are aware of when you should be following your wellness plan.

As you read the following example areas and tips you can write down what you feel works best for you in maintaining your daily well-being. Remember, this varies from person to person and can be updated, as needed. Start with the basics and expand to a more detailed daily plan.

Physical care-physically active, healthy food choices, adequate sleep, primary health care

Tips/suggestions: making a basic meal plan, daily exercise, walking every day, keeping medical appointments and informing your doctor of any concerns you might have.

Environmental space-building a pleasant, safe environment that is also stimulating and is a benefit to your daily health and well-being.

Tips/suggestions: maintaining a clean-living space, doing laundry on a regular basis, wall colors, music.

Emotional Health-how to best cope with life challenges and stressors and to be in a place of wellness.

Tips/suggestions: Seek peer support, be aware of how you are feeling and what are signals that you should be taking action on, know that expressing your feelings are an important to heal and move forward. Strive to live a solution oriented life.

Spiritual Realm- Your own personal sense of meaning in life and how that gives you a sense of purpose and a belief in hope.

Tips/suggestions: Enhance your sense of well-being by connecting with nature, yourself and your community. Participate in a specific group that shares your views on spirituality.

Creativity-using your artistic/writing skills to build a sense of accomplishment and self-esteem

Tips/suggestions: journaling/writing poetry, drawing, painting, arts and crafts, taking a class on how to develop your creative talents. Teaching others, such as leading a group on how to do craftwork.

Social Connections-developing relationships with others in your community

Tips/suggestions: maintain regular contact with the family, co-workers, peers and friends to develop a positive support system, join a group that has similar interests, volunteer in an area you feel connected to.

Purpose-developing and maintaining satisfaction and growth from your job, volunteering or education

Tips/suggestions: get support from supervisors or co-workers when you need to, make sure you have an environment that is safe, positive and supports your well-being.

Learning/Intelligence-growth mindset vs. fixed mindset, the ability to learn and grow as a human being, adding to ones sense of knowledge and self-awareness.

Tips/suggestions – through support groups, classes, reading or other means of self-taught or outside knowledge.

Fun-Leisure-finding a sense of pleasure, sense of humor and fun in one's life. Enjoying one's existence.

Tips/suggestions- Looking for things to do that give one a sense of play or humor in one's life. Add a sense of playfulness to one's daily activities, such as games, hobbies, time w/friends.

Add areas that you feel would benefit you as you develop plan and feel free to share your plan with others, if you wish, to have conversations about what additional things you might want to try.

Wellness is important to maintain recovery and the quality of life you seek.